



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Love yourself enough to set boundaries. Your time and energy are precious." — anonymous

Caregiver Tip: Promoting Independence in Dementia (PRIDE)

The [PRIDE](#) intervention encourages independence, social connectedness, and sense of purpose for your loved one diagnosed with dementia. The study shows involving a person with dementia in their own care helps maintain a level of independence and can decrease caregiver stress. Meet your loved one where they are. If they can perform self care task, let them. Below are other daily decision-making techniques that can be used to help people with dementia be involved in their care.

- Keeping regular routines, reduces anxiety and provides memory prompts.
- Write down activities to help your loved one know what's next.
- Daily physical activity such as light stretching can build muscle strength and increase flexibility.
- Engage your loved one in meal preparation such as washing vegetables.

For more information on promoting independence read, [How to Encourage Independence in Someone with Dementia](#).

Resources:

[The Financial and Legal Aspects of Aging](#): Join this webinar to learn what documents you need to have in place to avoid being unprepared in a crisis. Hosted by Sunrise Senior Living, Wed, July 22, 2020, 11am.

[Understanding the Care Continuum: An Expert Panel Discussion](#): Join this webinar to learn the differences between skilled nursing, assisted living, home health, companion care, hospice, and palliative care. Hosted by Sunrise Senior Living, Wed, July 29, 2020, 11am.

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.

Caregiver Support Group

Via Conference Call

Wednesday, July 1, 2020

4-5:30pm

Contact Jennifer Sarisky for

Call-in information

703-746-6024

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